

Health Agreement for Kids & Families

Adapted from:

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



From Your Provider:

Name _____

Date _____

Ideas for Living a Healthy Active Life

5

Eat at least 5 fruits and vegetables every day.

2

Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.

1

Get 1 hour or more of physical activity every day.

0

Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

Choose one healthy habit to accomplish first.

Eat ___ fruits and/or vegetables ___ day(s) per week.

Get _____ minutes of physical activity each day.

Reduce number of sugar-sweetened drinks to ___ per day/week.

Reduce screen time to ___ minutes per day.

Other healthy idea(s) _____

Patient or Parent/Guardian Signature

Provider Signature

Eat  and Play
the  5-2-1 way

2015



Quick Guide for Healthy Kids and Teens (Ages 2 to 18)

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

Quick Guide for Healthy Families

1. Eat breakfast daily.
2. Limit eating at restaurants, particularly fast-food restaurants.
3. Encourage family meals at home. Aim for eating breakfast, lunch, or dinner together 5 to 6 times per week.
4. Limit portion sizes by letting your child serve themselves; you decide what, when, and where they eat, and let them decide how much.
5. Eat a variety of fruits, vegetables, whole grains, and low-fat dairy products.